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| **Your job role** | **Programme/briefing/session** | **Overview** |
| **Leader and Core Programmes** |
| **DirectorSenior Manager****Head teacher Commissioner** | **Our Way of Working Leaders Programme** **(2 x 2.5 hour sessions, via Microsoft Teams)** | The Leaders Programme will support and enable you -* To develop your knowledge and understanding in Our Way of Working from a strategic perspective
* To understand your role in leading and implementing the approach within your own organisation and supporting the wider initiative across the partnership in embedding a common and consistent approach to working with children, families and adults
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| **Middle Manager** **Practice Lead****Practitioner** | **Our Way of Working Core Programme** **(3 x 2.5 hour sessions, via Microsoft Teams)** | The Core Programme will support and enable you* To develop and support your understanding of the Our Way of Working model, principles and values
* Understand how this can be applied to your role in working with children, families and multi-agency partners
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| **Enhanced Programme** |
| **Any practitioner who has previously completed the Leader’s Programme or the Core Programme for New Ways/Our Way of Working** | **Our Way of Working Refresher Workshop*****(1 x 2.5 hour session, via Microsoft Teams)*** | This workshop will be a recap and refresher session, including –* Our Way of Working model, principles and values
* Recap on Motivational Interviewing approaches
* Consider trauma informed language and how this informs practice, assessments and decision making
* Further develop Trauma Informed Practice
* Key updates on how Multi-agency Group Supervisions and Learning Conversations are being embedded into practice and what this could mean for you, your team, your organisation or your school
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| **Multi-Agency Group Supervision Chronologies Workshop** ***(1 x 1 hour session, via Microsoft Teams)****For any practitioner who as attended Multi Agency Group Supervision or may attend in the future to increase their knowledge and understanding of completing chronologies.****Delegates do not have needed to undertake Core or Leaders Programme as a prerequisite to attending this workshop*** | This workshop will focus on chronologies, within the context of a Multi-Agency Group Supervision and will include –* The purpose of a chronology
* What to include in a chronology and why
* Interactive exercise around chronologies
* Opportunities to ask questions
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| **Emotion Coaching - Introductory Session*****(1 x 2.5 Hour Session, via Microsoft Teams)*** | This training will provide a basic understanding of:* What Emotion Coaching is
* The underpinning principles and research base of Emotion Coaching
* How Emotion Coaching is used in by parents, carers and professionals supporting children and young people
* The next steps in becoming trained in Emotion Coaching

How your service or setting could use Emotion Coaching principles in practice |
| **Motivational Interviewing** ***(1 x 2.5hr face-to-face training session)*** | ***It is essential that participants have completed either the MI iLearn or the MI iLearn for school-based staff that is part of the Covid-19 Recovery iLearn module prior to attending the interactive session***This will be an interactive session in which participants will –* Have the opportunity to practise the essential skills of Motivational Interviewing (MI) in a safe and supportive environment
* Reflect on their use of MI and develop some next steps to enhance and embed their practice

There will be opportunities for participants to ask questions and share reflections |
|  | **Understanding Loss, Transition and Change**  ***(2 x 3 hour sessions, via Microsoft Teams – delegates MUST attend both sessions)*** | Session One:* Recognising how Loss and Change impact on CYP's lives
* Understanding manifestations of Trauma in children and young people e.g., regression, emotional withdrawal etc
* Addressing Loss across the different stages of Childhood and Adolescence
* Feelings associated with Coming into Care
* Protective factors supporting our CYP
* Digital Sign posting and Resources

Session Two* Helping families cope with Loss - how children and adults cope with change and transition
* Moving forwards: Relational approaches: Attunement, Validation, Containment and Regulation.
* PACE: Playfulness, Acceptance, Curiosity and Empathy
* Overcoming barriers with: Active listening and Creating relationships of trust
* Understanding Brain Development - where our feelings/behaviours come from
* Practical strategies and approaches to expand your toolbox.
* Digital Signposting and Resources
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| **Working with Trauma Experienced Parents/Adults (this suite of workshops has been developed using resources from Research in Practice** [**Research In Practice**](https://www.researchinpractice.org.uk/)**)** |
| **Any practitioner who has previously completed the Leader’s Programme or the Core Programme for New Ways/Our Way of Working** | **Environments and Language*****(1 x 1.5 hour session, via Microsoft Teams)*** | In this workshop we will consider -* How the physical environments that we work in can make people feel unsafe
* What we, as practitioners can do to minimise this
* How verbal and non-verbal language is a key part of creating emotional safety.
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| **The Window of Tolerance*****(1 x 1.5 hour session, via Microsoft Teams)*** | In this workshop we will –* Learn about the emotional window of tolerance
* Consider how we can help parents/adults to manage difficult emotions and support them identifying approaches and strategies in moving back into their window of tolerance
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| **Ghosts in the Meeting Room*****(1 x 1.5 hour session, via Microsoft Teams)*** | Within this workshop we will –* Consider how early parental experience can shape how people experience relationships with professional and services
* How we can use this understanding to overcome and develop positive approaches to engagement
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| **Documentary and Films –** Watch and then come along to share your reflections through a Q&A workshop |
| **All practitioners across the children and adult workforce***(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the Conferences)* | **The Real Mo Farah** | Sir Mo Farah shares about his childhood the impact of trauma through war, exploitation, domestic slavery, and the difference that a caring adult can have |
| **Clarissa** | Film created to improve the health of people affected by homelessness, through better understanding of their lived and trauma experiences. |
| **My name is Leon** | Film exploring the impact of early life trauma, race, culture and identity, the experiences of being in care and the impact of separation from family |
| **Conferences** |
| **All practitioners across the children and adult workforce***(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the Conferences)* | **Beacon House – Strategies and Tools for Trauma Informed Practitioners** | Join us for a conference with keynote speaker Dr Shoshanah Lyons, Clinical Director and Lead Trainer at **Beacon House**The conference will focus on Strategies and Tools for Trauma Informed Practitioners*Thursday 26th January 2023**9:30am – 4:30pm**Via Zoom* |
| **Dr Sheena Webb – Working with Trauma Experienced Parents/Adults** | **Hold the date** - Thursday 9th March 20239:30am – 4:30pmVia ZoomMore information coming soon |
|  | **Joint Education and Our Way of Working Conference: Inclusion Matters** | Summer term – more information and date coming soon |
| **Ambassador Workshops** |
| **Any practitioner who has previously completed the Leader’s Programme or the Core Programme for New Ways/Our Way of Working** | **Our Way of Working Ambassador Workshop** | Are you interested in becoming an Ambassador for Our Way of Working? If so, come along to a workshop where we will consider and discuss –* Embedding Trauma Informed Practice & Motivational Interviewing into practice and culture
* Champion best practice
* Positively engage and support learning and development
* Develop and embed a culture of change across our partnership

These workshops are also an opportunity to network with other partners and meet other Ambassadors |
| **Learning Events** |
| **All practitioners across the children and adult workforce***(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the Learning Events)* | **Our Way of Working Learning Events*****(2.5 hr session via Microsoft Teams)*** | Come along to one of our face-to-face Learning Events to:* See how other partners are embedding Our Way of Working.
* Look at best practice and understand how this can be applied in your organisation
* Talk to practitioners who are using Trauma Informed Practice and Motivational Interviewing.
* Network with colleagues who are using Multi-Agency Group Supervisions and Learning Conversations.
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| **Covid-19 Recovery Briefings and iLearn Modules** |
| **All practitioners across the children and adult workforce***(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing Covid-19 Recovery iLearn)* | **Covid-19 Recovery iLearn module** | This module will –* Show you how to use the model and guide researched and developed by the multi-agency partnership
* Help you to consider a Trauma Informed Approach in your work and to think about how Motivational Interviewing can help you
* Introduce you to PACE (Playfulness, Acceptance, Curiosity, Empathy), explain the model and how it can support you in your work with children, families and adults
* Make you aware of our approach to Psychological First Aid and how this can help you use the guide
* Show you how to do this using our approach and the three steps to using the guide: Recognise, Respond and Link
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| **Middle Manager** **Practice Lead****Practitioner***(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the iLearn modules)* | **Motivational Interviewing iLearn module** | This module will – * Introduce you to Motivational Interviewing (MI)
* Explain the principles and processes of MI
* Describe OARS and Eliciting Change Talk
* Explain the Righting Reflex, Resistance and Change Talk
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| **PACE pre-recorded webinar** | This pre-recorded webinar includes –* A recap on trauma informed practice
* The impact you can have as a key adult
* Brain development and trauma (The Polyvagal Theory)
* The power and principles of relationships
* Understanding Intersubjectivity, Attunement and Connection
* Playfulness, Acceptance, Curiosity and Empathy – The model of PACE and its application
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For further information or to book a place on any of the above please visit [Our Way of Working - Training for you](https://westcheshirechildrenstrust.co.uk/our-way-of-working/training-for-you/) or contact amy.kendrick@cheshirewestandchester.gov.uk